



Breastfeeding Advantages for Mom



- ◆ Fastest way to burn 500 calories a day and return to normal weight more rapidly
- ◆ Encourages uterine contractions and shrinking, getting you back in shape faster
- ◆ Promotes bonding between mom and baby
- ◆ Is convenient, cheaper, faster, and safer. No need to buy formula or bottles, no bottles to sterilize, carry, mix, or warm up
- ◆ Breast milk is always fresh, ready to use, the right temperature, and won't run out
- ◆ Breast milk provides the perfect infant nutrition, with no missing ingredients, added synthetic growth hormones, or genetically engineered materials
- ◆ Reduces moms risk of breast, endometrial & ovarian cancers, osteoporosis, and post-partum hemorrhage
- ◆ Breastfeeding moms spend less time and money on doctors visits
- ◆ Less sick days missed for working moms
- ◆ Is a natural contraceptive till your period returns, consult doctor for viable contraception at that point
- ◆ Protects against anemia by conserving iron stores due to delayed menstruation.
- ◆ Much nicer diaper changes....bowel movements have milder inoffensive smell
- ◆ Mom is empowered, more self confident, feels, incredibly rewarded
- ◆ Protects your baby from diseases and infections
- ◆ Satisfies your baby's emotional needs, improves cognitive and social development
- ◆ Breastfeeding facilitates baby's proper dental and jaw development
- ◆ Hormones produced are a natural relaxer or tranquilizer for Mom and baby
- ◆ Reduces the insulin requirements for lactating diabetic moms



By Mary Kay Solera MS, CHES